



ADULT FITNESS CLASS

MEN & WOMEN

6 Week Class Dec. 3, 10, 17, 2024, &

Jan. 7, 14, 21 & 28, 2025

(1 additional date adjusted for possible inclement weather)

TUESDAYS - 6:30 - 7:30 p.m. - Multi-Purpose room

Class consists of a warm-up, using own body weight & occasional hand held weights to increase strength and flexibility, combining interval aerobics and toning/sculpting moves, all modified to each individual's level of ability and desired workout level all to motivating music.

\$35.00 - payable by check or cash at 1st class

\$6.00 class drop-in fee after 1st night

Questions - Karen Keeley instructor - dakakeel@hotmail.com